Food Guide Pyramid for Young Children

A Daily Guide for 2- to 6-Year-Olds



HEALTHY EATING TIPS...

Encouraging Food Choices for a Healthy Diet

BE PATIENT. Young children may not be interested in trying new foods. Offer a new food more than once. Show your child how the rest of the family enjoys it. The food may be accepted when it becomes more familiar to your child.

BE A PLANNER. Most young children need a snack or two in addition to three regular daily meals.

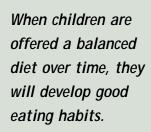
- Offer foods from three or more of the five major food groups for breakfast and lunch.
- Offer foods from four or more of the five major food groups for the "main meal."
- Plan snacks so they are not served too close to mealtime, and offer foods from two or more of the five major food groups.

BE A GOOD ROLE MODEL. What you do can mean more than what you say. Your child learns from you about how and what to eat.

- Eat meals with your children whenever possible.
- Try new foods and new ways of preparing them with your children. Both you and your children can be healthier by eating more darkgreen leafy vegetables, deep-yellow vegetables, fruits, and whole grain products.
- Walk, run, and play with your children, don't just sit on the sidelines. A family that is physically active together has lots of fun!

BE ADVENTUROUS. At the store ask your young child to choose a new vegetable or fruit, from two or three choices, for a weekly "family try-anew-food" night. At home your child can help you wash and prepare the food.

BE CREATIVE. Encourage your child to invent a new snack or sandwich from three or four healthful ingredients you provide. Try a new bread or whole grain cracker. Talk about what food groups the new snack includes and why it tastes good. Is the snack smooth, crunchy, sweet, juicy, chewy, or colorful?







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